



Friendship Heights

VILLAGE NEWS

DECEMBER 2010

301-656-2797

VOLUME 25, NO. 7



Children's Art Camp

page 2

A Village Welcome for the New Year

Celebrate a brand-new year as the Village Council hosts its annual New Year's Day Open House on **Saturday, Jan. 1, from 2 to 3:30 p.m.**, at the Village Center. The celebration features music, fun and light fare from Ridgewell's Caterers. The shuttle bus will run from 1:30 p.m. to 4 p.m. only between residential buildings and the Village Center.

This is a wonderful opportunity to mingle with your neighbors in a relaxed and cordial atmosphere.



Codebreaking and lunch at The Kings Contrivance

As Punxsatawny Phil emerges from the shadows on Groundhog Day, the daily work of many Americans remains a mystery.

Take a peek at the secret world of code-making and code-breaking as we visit the National Security Agency's National Cryptologic Museum on Groundhog Day—**Wednesday, Feb. 2**. We'll get a glimpse at some of the thousands of artifacts on display and learn about cryptology's place in history.

Following our tour, we'll enjoy a three-course luncheon nearby at the beautiful Kings Contrivance restaurant. Located in an elegant 1890s mansion, The Kings Contrivance has earned a reputation for fine food and wine. Our first course will be the soup du jour, followed by an entrée

of your choice—beef tenderloin tips with pan-seared peppercorn sauce, penne pomodoro with fresh tomato sauce, basil, parmesan and eggplant, chicken piccata, or tuna sashimi. For dessert, choose English trifle, ice cream or sorbet.

We'll depart from the Village Center at 9:15 a.m. and should return by 3:45 p.m. The cost of the trip, which includes round-trip transportation, tour, lunch at Kings Contrivance, and all taxes and gratuities, is \$63.

Sign-ups begin immediately at the Village Center. There are 24 spaces available. The deadline to sign up is Jan. 25.



Rothko, Rubens, and Renoir: Oberlin Masterworks at the Phillips

Take a break from the winter chill with a visit to the Phillips Collection on **Wednesday, Jan. 5** to view "Side by Side: Oberlin's Masterworks at the Phillips." The exhibit juxtaposes 25 old masters and modern works from the Allen Memorial Art Museum at Oberlin College in Ohio with about 40 works from the Phillips Collection. The Phillips is the only other gallery outside Ohio on this tour. Among the artists featured are Cezanne, Monet, Picasso, Kirchner, Rothko, Renoir, Rubens, Cavaliere d'Arpino, and Hendrick ter Brugghen.

We'll depart from the Village Center at 10:15 a.m.

After a docent-led tour of the exhibit, you'll have time to enjoy lunch on your own at the Phillips café. You'll also be able to explore the permanent collection and visit the gift shop before we return to the Village Center at 3:30 p.m.

The cost of the trip, which includes round-trip transportation, admission to the Phillips, docent-led tour and all taxes and gratuities, is \$40.

Residents may sign up immediately. Nonresidents may sign up beginning Dec. 7.

There are 24 spaces available.

The deadline to sign up is Dec. 21.

CHILDREN'S PROGRAMS

Mark your calendars for Our children's art camp

Friendship Heights Village Center will once again host a week-long summer art camp for children **Monday, June 27 through Friday, July 1**. Children ages 5 to 10 will complete a variety of fine arts projects. The camp takes place from 9:30 a.m. to 12:30 p.m. daily at the Village Center.

This camp, run by our curator Millie Shott, features experienced artists and art instructors. Children must have completed kindergarten to qualify. Watch the February Village News for more details.



Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the January issue is December 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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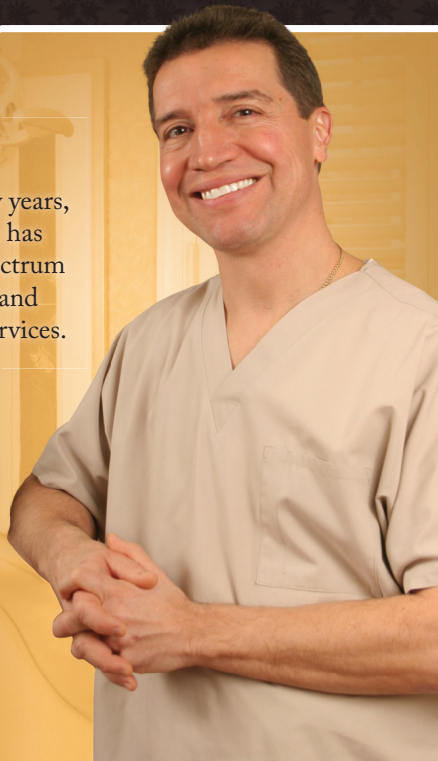
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ON the GO...

A spectacular sight at the Festival of Lights

Join us when we travel to the Mormon Temple in Kensington for the 33rd annual Festival of Lights on **Thursday, Dec. 16.**

We'll depart from the Village Center at 6:30 p.m., but come early at 6 p.m. and enjoy hot chocolate and cookies. The Festival of Lights features an extraordinary light display, more than 100 decorated trees, and an international crèche display. Each night, a different local musical group performs a live concert in a state-of-the-art theater. Explore the Washington, D.C., Mormon Temple grounds and the Visitors' Center and see a live outdoor nativity scene.

We should return to the Center by 9:30 p.m.

The cost is just \$15 per person, and includes transportation, taxes and gratuities. Children are \$8, when accompanied by a paying adult.

Sign up at the Village Center.

Writing your life by the tale

You may shy away from memoir writing because you think it is synonymous with autobiography, the overwhelming task of factually chronicling your entire life. But memoir is not your life's complete history. It is a selective form of writing, which allows you to record a single slice of the bigger pie that is your whole life. If you have stories of life-changing events, people or places that you wish to record on paper, this workshop is for you.

In January journalist Lynne Vance will begin an eight-week series of classes that includes writing exercises, readings from notable memoirs, and class discussions and feedback. Students will learn the skills needed to bring life stories to life on the page and explore the role of imagination vs. fact and the importance of communicating feelings to the reader.

Ms. Vance has been a writer and editor for more than 20 years. She's managed the publication staffs of several national non-profits and health care groups and

Continued on page 14

PUZZLED

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Tea and Talk: Starting over and chasing a dream

Come to the Village Center on **Friday, Dec. 10, at 2 p.m.**, and hear the amaz-



ing story of a couple who followed their dream of converting a run-down country house into a bed and breakfast.

In 2001, Carol Eron Rizzoli and her husband Hugo bought a dilapidated farmhouse in the tiny village of Royal Oak, Md., on the edge of the Chesapeake Bay. They spent two years

transforming it, which took twice as long and cost three times as much as they had originally estimated. While they struggled to restore the house and reinvent themselves at mid-life, they learned a lot about their neighbors who had particular views on politics, hunting, wildlife, and of course, newcomers from the big city. They have written a book about the experience entitled *The House at Royal Oak: Starting Over & Rebuilding a Life One Room at a Time*.

Carol Rizzoli has taught at Boston University, served as book editor

for The Washington Post, and was a managing editor of publications for the National Gallery of Art in Washington. Hugo Rizzoli owned The Bookstall in Potomac for 20 years and then trained as a chef before starting a catering business and bringing his skills to the new B&B venture.

Afterward, please stay for tea and to sample one of the recipes from *The House at Royal Oak*, black walnut milk cake. Copies of the book, provided by Politics and Prose Bookstore, will be available for sale.

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New art class at the Center

Millie Shott, Curator of Exhibits for Friendship Heights Village and former Director of Visual Arts at the Mansion at Strathmore, will teach a class in basic water color painting at the Center beginning **Jan. 14**. Students will learn brush textures, washes, color-mixing and various subject matter and will complete one small painting each week. The class will also include some collage to enhance (or salvage!) a painting.

Ms. Shott is a very creative artist who enjoys the

challenge of new ideas and experimentation. She paints in water color, acrylic and collage and has been involved in the arts for more than five decades. She has been the art curator for the Village for ten years and held her position at Strathmore for nearly twenty. Prior to that she was the Gallery Director at Spectrum Gallery.

She exhibits her works regularly and has been invited to jury many exhibits as well. She has taught in the public schools, with the Smithsonian Residents Association, at Leisure World, in her home studio, and at the Village Center.

See Classes and Clubs on pages 10 and 11 for more details.



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PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Dec. 2 , 7 p.m. — Movie — *The Bells of St. Mary* — Bing Crosby repeats his Oscar-winning role of priest Father O'Malley as he is sent to help out financially strapped St. Mary's Academy, a parochial school presided over by Sister Benedict. Also stars Ingrid Bergman. Rated G. Running Time: 90 minutes.


Thursday, Dec. 9 , 7 p.m. — Movie — *Get Low* — When much-feared hermit Felix Bush comes to town with a wad of cash and announces his intention to preside over his own funeral, fast-talking mortician Frank Quinn smells a big payday in the air. Frank sends his young apprentice, Buddy, to charm Felix and win his business. As the day of the unusual funeral approaches, Buddy uncovers a long-held secret involving Felix, a local widow and an Illinois preacher. Stars Robert Duvall, Sissy Spacek, Bill Murray. Rated PG-13. Running Time: 100 minutes.

Thursday, Dec. 16 , 7 p.m. — Movie — *Salt* — Centers on a CIA officer who is fingered as a Russian sleeper spy. She eludes capture by superiors who are convinced she is out to assassinate the president. While trying to reunite with her family, she struggles to prove someone else is the traitor. Stars Angelina Jolie and Liev Schreiber. Rated PG-13. Running Time: 99 minutes.

Thursday, Dec. 23, 7 p.m. — Movie — *Disney's A Christmas Carol* — Disney's version of A Christmas Carol captures the fantastical essence of the classic Dickens tale. Ebenezer Scrooge begins the Christmas holiday with his usual miserly contempt, barking at his faithful clerk and his cheery nephew. But then the ghosts of Christmas Past, Present and Yet to Come take him on a journey during which he must open his heart before it's too late. Stars Jim Carrey, Gary Oldman, and Colin Firth. Rated PG. Running Time: 96 minutes.

Thursday, Dec. 30, 7 p.m. — Movie — *Toy Story 3* — The creators of the beloved "Toy Story" films re-open the toy box and bring moviegoers back to the world of Woody, Buzz and the gang of toy characters in "Toy Story 3." Woody and Buzz had accepted that their owner Andy would grow up someday, but what happens when that

day arrives? Andy is preparing to depart for college, leaving his loyal toys troubled about their uncertain future. Stars the voices of Tom Hanks, Tim Allen, Joan Cusack, Ned Beatty, and Don Rickles. Rated G. Running Time: 109 minutes.





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ART and CULTURE

Watercolor Society to exhibit in December

The Baltimore Watercolor Society will exhibit this month in Friendship Gallery. It is the third oldest art organization in the United States devoted entirely to watercolor painting, and throughout 2010 the group has been celebrating its 125th anniversary.

The Society was formed in 1885 by a group of women artists in response to discrimination by the exclusively male members of Baltimore's Charcoal Club, who felt it was inappropriate for women to participate in "life" drawing classes that featured nude models. Today it is a community of artists with nearly 600 members throughout the Mid-Atlantic region. The Society advocates a broad-minded approach to watercolor painting to include working in all water-based media, including acrylic.

The exhibit runs from December 2 to January 2. All are invited to a reception to meet the artists on **Sunday, Dec. 12, from 11:30 a.m. to 1:30 p.m.**



Painting by Albert Bishop

Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.

The new **Village Book Club** has gotten off to a great start with a dozen participants at the fall meetings. The group will meet this month on Tuesday, Dec. 21, at 11 a.m. The book selection is *Saturday* by Ian McEwan.

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Friendship Heights
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Calendar
of Events 2010

D E C E M B E R						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Don't miss <i>Sunset Boulevard</i> at Signature Theatre</div> <div>A few spaces remain for our trip to the matinee performance of <i>Sunset Boulevard</i> at Arlington's Signature Theatre on Saturday, Jan. 22.</div> <div>We will leave the Center at 12:45 p.m. and return by 5 p.m. The cost of the trip, which includes a discounted ticket in row C, D or E, transportation, and all gratuities, is \$93.</div>			<div>1</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel NO CONCERT Happy Hanukkah</div>	<div>2</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: The Bells of St. Mary</div>	<div>3</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</div>	<div>4</div> <div>8:15 a.m.: Walking Club</div>
<div>5</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>6</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 7 p.m.: Café Muse</div>	<div>7</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 1 p.m.: Balance and Fall Prevention 12:30 - 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates 7:30 p.m.: Great Courses: Washington Irving</div>	<div>8</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: "Ask a Pharmacist" 1 p.m.: Health Insurance Counseling 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Seven Sopranos</div>	<div>9</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil Painting 7 p.m.: Movie: Get Low</div>	<div>10</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl 2 p.m.: Tea and Talk: Carol Rizzoli: The House at Royal Oak</div>	<div>11</div> <div>8:15 a.m.: Walking Club</div>
<div>12</div> <div>9 a.m.: Yoga 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11 a.m.: Depart for the Greenbrier 11:30 a.m. – 1:30 p.m.: Art Reception</div>	<div>13</div> <div>9:15 a.m.: Fit 4-Ever 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Yoga 8 P.M.: Friendship Heights Council Meeting</div>	<div>14</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7 p.m.: Pilates</div>	<div>15</div> <div>9:15 a.m.: Fit 4-Ever 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise with Tonya 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Kinor Dance Company</div>	<div>16</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:30 p.m.: Depart for Mormon Temple 7 p.m.: Movie: Salt</div>	<div>17</div> <div>9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Strength Training with Cheryl</div>	<div>18</div> <div>8:15 a.m.: Walking Club</div>
<div>19</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>20</div> <div>10 a.m. – 2 p.m.: MVA Bus 10 a.m.: Great Books 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting</div>	<div>21</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 – 2:30 p.m.: Blood Pressure Screening 11 a.m.: Village Book Club? 12:30 p.m.: Vision Support 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist 7:30 p.m.: Great Courses: Ralph Waldo Emerson</div>	<div>22</div> <div>10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 7:30 p.m.: Concert: Beltway Brass</div>	<div>23</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.: Movie: Disney's A Christmas Carol</div>	<div>24</div> <div>Center Open 9 a.m. to 2 p.m.</div> <div>Shuttle Bus runs on week-end schedule 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</div>	<div>25</div> <div>8:15 a.m.: Walking Club</div> <div>Merry Christmas! Center Closed No Shuttle Bus Service</div> <div></div>
<div>26</div> <div>9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers</div>	<div>27</div> <div>10 a.m.: Great Books 2:30 p.m.: Acrylic or Oil Painting</div>	<div>28</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 12:30 – 2:30 p.m.: Blood Pressure Screening 3 – 4 p.m.: Tea 2:30 – 4:30 p.m.: Suburban Nurse Specialist</div>	<div>29</div> <div>10:15 a.m.: Yiddish 1 p.m.: Portraiture in Pencil and Pastel 3 p.m.: Chair Yoga 7:30 p.m.: Concert: Friday Morning Music Club</div>	<div>30</div> <div>8:15 a.m.: Walking Club 9:30 a.m.: Tai Chi 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 7 p.m.: Movie: Toy Story 3</div>	<div>31</div> <div>Center Open 9 a.m. to 2 p.m.</div> <div>Shuttle Bus runs on week-end schedule 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events</div>	

Shuttle bus hours

Monday through Friday 6:40 a.m. to 9:40 p.m.
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Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

Don't forget your food and toy donations!

The Village Center will continue to collect new toys for needy children and food items for Manna Food Center until Dec. 15.

Please bring to the Center donations of cereal, rice, canned meats and tuna, beans, canned fruit and vegetables, pasta and spaghetti sauce, baby formula and baby food, peanut butter, and shelf-stable milk. In addition, items are needed for Smart Sacks, Manna's innovative program to fight childhood hunger. Each Friday, elementary school students in need receive a backpack with nutritious and kid-friendly foods for the weekend: small fruit cans or cups, juice boxes that are 100% juice, microwavable bowls of pasta or soup, individual cereal boxes, oatmeal packets, cereal bars, and small boxes of raisins.

Important: please check expiration dates before bringing donations and do not bring anything in a glass jar. Toys must be new.



CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION – A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES - NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi are required to sign a liability waiver when they register.

ART

ACRYLIC OR OIL PAINTING (DAY)

A 10-week course for all skill levels, taught by Doris Haskel, begins Dec. 6. Meets Mondays from 2:30 to 4:30 p.m. Cost is \$50 for residents; \$70 for nonresidents. Session ends Feb. 14 (class will not meet Jan. 17). Maximum number of students is 16.

ACRYLIC OR OIL PAINTING (EVENING)

A 10-week course for all skill levels, taught by Doris Haskel, begins Jan. 6. Meets Thursdays from 6:45 to 8:45 p.m. Cost is \$50 for residents; \$70 for nonresidents. Class ends March 10. Maximum number is 16.

BASIC WATER COLOR PAINTING

A 6-week course for all skill levels, taught by Millie Shott, begins Jan. 14. Meets Fridays from 1 to 3 p.m. Covers mixing colors, washes, brush textures, landscape and florals. Students supply brushes, paper and painting board. Supply list available at sign-up. The cost is \$70. Maximum number is 10. Last class is Feb. 18.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Jan. 5. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some experience in drawing is necessary. The cost is \$70 for residents; \$75 for nonresidents. Maximum number is 8. Last class is Feb. 9.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins Jan. 6. Class emphasizes the elements of art: line, color, texture, shape and value and is designed to meet the needs of all levels of experience. Advance at your own pace with individual critiques and instruction. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list is handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch – brown bag only). The cost is \$145 for residents; \$150 for nonresidents. Last class is March 10.

BRIDGE

INTERMEDIATE BRIDGE

This 7-week series taught by Frank Shull, a life master at bridge, begins Jan. 11. Meets Tuesdays from 5 to 7 p.m. Students will learn the following bridge challenges: counting winners and entries in no trump; counting losers and drawing trump; promotion in suits and no trump; using length in suit and no trump; planning to win the finesse; dummy points and trumping in dummy; discarding losers. Call Frank with questions at 301-520-9968. The cost is \$105. Session ends Feb. 22.

COMPOSITION

WRITING YOUR LIFE

This 8-week course begins Jan. 18. Meets Tuesdays from 11 a.m. to 12:30 p.m. The class will include writing exercises, discussions and readings. The instructor is journalist Lynne Vance, who has had 20 years experience of writing and editing. Cost is \$75. Minimum number is 6; maximum is 10. Class ends March 8.

EXERCISE AND FITNESS

BALANCE AND FALL PREVENTION

This 12-week class begins Jan. 4. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$124 for residents; \$134 for nonresidents. Session ends March 29 (class will not meet Feb. 15). Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE WITH TONYA

This 8-week class begins Jan. 5. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$82 for residents; \$89 for nonresidents. Session ends March 2 (class will not meet Feb. 16).

CHAIR YOGA AND MORE

This 5-week series taught by Hedy Ohringer begins Dec. 8. Meets Wednesdays from 3 to 4:15 p.m. Classes benefit body and spirit and are suitable for a wide range of abilities with movements that can be done while seated in a chair, or standing with support of chairs, tables and walls. Enhance your well-being, in and out of class, with greater flexibility, balance and inner joy. The cost is \$50 for residents; \$55 for nonresidents. Session ends Jan. 12 (class will not meet Dec. 22).

PRACTICAL PILATES WITH PROPS

This 6-week class, taught by Ginger Russell, begins Jan. 4. Meets Tuesdays from 7 to 8 p.m. Pilates-based training can improve your balance,

flexibility, strength as well as body alignment and awareness. Using props such as a small ball, light weights, and stretch bands, can give you a total body workout! Bands and ball are provided. Participants bring a yoga mat, towel, and a set of 1-, 2-, or 3 - lbs. weights. Class recommended for both beginner and intermediate levels. Please consult your physician before participating in the class. The cost is \$85 for residents and \$90 for nonresidents. Minimum number is 10. The class will be cancelled if we do not have the minimum number of students by noon Jan. 4. Questions? Email Gingerrusteach@yahoo.com. Session ends Feb. 8.

SKY VALLEY TAI JI (THURSDAY)

This 12-week class begins Dec. 16. Meets Thursdays from 9:30 to 10:30 a.m. The cost is \$80 for residents; \$90 for nonresidents. Questions? Email instructor Thomas Johnson at taijitaj7@gmail.com. Session ends March 3.

SKY VALLEY TAI JI (TUESDAY)

This 12-week class begins Dec. 14. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$80 for residents; \$90 for nonresidents. Session ends March 1.

STRENGTH TRAINING WITH CHERYL

This 6-week class begins Jan. 7. Meets Fridays, from 10:30 to 11:30 a.m. The class, taught by Cheryl Clark, will enhance range of motion and strengthen muscles and work on balance and posture. The cost is \$55 for residents; \$60 for nonresidents. Session ends Feb. 11.

STRENGTH TRAINING WITH TONYA

This 8-week class begins Jan. 3. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$82 for residents; \$89 for nonresidents. Session ends Feb. 28 (class will not meet Feb. 14).

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12:30 to 2:30 p.m. The nurse is also available for consultations Tuesdays from 2:30 to 4:30 p.m. (please note times).

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

FHUN

The Friendship Heights Urban Network (FHUN) organizes events for young professionals, young parents, and college students. Check FHUN's website at www.fhun.net.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Meets Mondays from 10 a.m. to noon. Contact Jean McNelis at 301-656-6695.

GREAT COURSES

Taped lectures followed by discussion. Meets alternate Tuesday evenings at 7:30 p.m. The DVD series is produced by The Teaching Company. Check the calendar for dates and subjects

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium for children most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver, friend, or family member over age 13.

VISION SUPPORT LUNCH AND LEARN

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets the third Tuesday of the month at 12:30 p.m. for a brown bag lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

Cadeaux

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**Grand opening/ Christmas party
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and Saturday, Dec. 11**

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CONCERTS

Concerts are performed Wednesdays, from 7:30 p.m. to 8:30 p.m., in Huntley Hall in the Village Center. As a courtesy to our performers please turn off any cell phones or electronic devices. If you arrive after the concert has begun, please wait for a break in the performance before entering the auditorium.

Wednesday, Dec. 1 — No Concert — Happy Hanukkah

Wednesday, Dec. 8 — Seven Sopranos — A brainchild of lyric soprano Cynthia Cole, this vocal ensemble performs music from Mozart and Handel to Rogers and Hammerstein, and Stephen Sondheim. The singers have a wide variety of individual experiences—opera roles nationally and internationally, competition wins, performing arts series and musical theater. This holiday program features music ranging from classical to carols to pops.

Wednesday, Dec. 15 — Kinor Dance Company — The Kinor Dance Company brings its unique performance art and music with an Israeli folk accent to the Village Center in December. Under the direction of Artistic Director Barbara Supovitz, the entertaining program will open with *Jubilee*, created to commemorate the 40th anniversary of the state of Israel, followed by *Golden Celebration*, honoring a couple's deep love throughout the years. The evening will include an encore performance of *Women of the Bible*, depicting Deborah, Miriam, Ruth and Naomi—strong women who made a difference more than 2,000 years ago. The upbeat *The Way it Was...*, "a trio of compassion and joy woven together to form a Nigun (song/dance), will be followed by the moving solo, *Dream of Hope, Dream of Despair*, depicting the thoughts of a Holocaust captive. *Yemenite Dance* will close the program, showcasing the stylized movement and elaborate garb typical of Yemen as part of the Jewish Diaspora.

Ms. Supovitz founded Kinor in 1972. She has performed, choreographed, and/or taught dance on the East Coast, in Arizona, and in Israel.

Wednesday, Dec. 22 — Beltway Brass — Zack Smith, talented trumpet player for the Dixie Power Trio brings his brass band to Friendship Heights for a new sound just perfect for getting into the holiday spirit. In addition to Smith, the group features Chas. T. Peterson, Merry Beth Hall, Dan "Big Daddy" Haverstock and Andy Kochenour.

Wednesday, Dec. 29 — Friday Morning Music Club — Multi-talented students perform a variety of classical selections during this ever-popular musical engagement.

'Tales' series starts next month

Join renowned storytellers Ellouise Schoettler, Noa Baum and Linda Fang as we kick off our new storytellers series, "Tales in the Village" on **Wednesday, Jan. 19 at 7:30 p.m.** This performance series continues each third Wednesday of the month January through May.

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Give a gift to yourself... Do you know Oral Cancer accounts for 2 to 4% of all cancer diagnosed annually in this country, but survival rates are among the lowest of major cancers? Only half of people diagnosed with Oral Cancer are alive after 5 years of the diagnosis. If Oral Cancer is found early the survival rate increases to 81%. Oral cancer is 90% curable if caught in early stages. 95% of Oral Cancer occurs among people over the age of 40 and today it occurs twice as often in males as in females. However, younger patients are now being diagnosed with Oral Cancer. Signs and symptoms of Oral Cancer are: A mouth sore that fails to heal or bleed easily; a white or red patch in the mouth that will not go away; a lump, thickening or soreness in the mouth, throat or tongue and difficulty chewing or swallowing food. Most early signs of Oral Cancer are painless and are difficult to detect without a thorough head and neck examination by a Dental Professional. On Thursday December 16th, we will give **FREE** Oral Cancer Exams. 15 minutes can save your life! This is a gift to you and your health, only this day. **Call (202) 600-9001 and schedule yours before it's too late!**



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Or

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Third Course

Sushi Assortment (12 pc)

Or

Beef Tenderloin Tataki with red wine & daikon butter

Or

Shrimp Vegetable Tempura

NO SUBSTITUTIONS

Vision Support Group: Celebrate with friends!

You are cordially invited for food, fellowship and humor at the Vision Support Group Lunch and Learn Holiday Celebration on **Tuesday Dec. 21, 12:30 to 2 p.m.**

People who are concerned about or are living with impaired sight have been receiving educational programs and exploring important topics which encourage independent living for twenty years in a partnership with Friendship Heights Village Center and the Prevention of Blindness Society.

Celebrate and take a step back to "relax and rejuvenate" with the group. Lunch will be provided; please call 301-656-2797 to let us know you are coming. Space is limited.

Take as Directed... Ask a Pharmacist

Suburban Hospital pharmacist, Jennifer Raynor, will demystify the world of prescription medications at this month's Suburban Health Lecture at the Village Center on **Wednesday, Dec. 8, at 1 p.m.** She will answer questions about proper disposal of expired medications, why it is important to take them as prescribed, side effects, and when to notify your doctor of symptoms you may be experiencing.

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.



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Cafe Muse presents...

This month's Café Muse, on **Monday, Dec. 6, at 7 p.m.**, presents poets Catie Rosemurgy and Greg Williamson.

Catie Rosemurgy is the author of *The Stranger Manual* and *My Favorite Apocalypse*. She is the recipient of a National Endowment for the Arts Fellowship and a Rona Jaffe Award.

Greg Williamson is the author of three books of poetry, *A Most Marvelous Piece of Luck*, *Errors in the Script*, and *The Silent Partner*, which won the Nicholas Roerich Poetry Prize. His honors include an Academy Award from the American Academy of Arts and Letters, the Whiting Award, the Nathan Haskell Dole Prize, and a grant from the NEA.

Café Muse opens at 7 p.m. with refreshments and classical guitar by Michael Davis; readings begin at 7:30. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 30 years. For more information visit www.wordworksdcc.com.

Continued from page 3

her writing has appeared in The Washington Post, The Philadelphia Inquirer, and other publications. The class will meet on Tuesdays beginning Jan. 18, from 11 a.m. to 12:30 p.m. See Classes and Clubs on page 10 for more details.

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Holiday Open House

at Brighton Gardens at Friendship Heights

Happy Holidays from our Sunrise family to yours! Join in the festivities as Brighton Gardens at Friendship Heights hosts a Holiday Open House. Mingle with neighbors, residents and guests, while enjoying some light refreshments.

Live entertainment will be provided by the *Dale Jarrett Trio*.

*Join us for a joyous
celebration of the Season!*



Event Details

Tuesday
December 21st
2:00 p.m.-4:00 p.m.

Please RSVP to 301-656-1900
by December 15th



Brighton Gardens at Friendship Heights 301-656-1900 5555 Friendship Blvd., Chevy Chase, MD 20815

Assisted Living - Alzheimer's Care

For more information and a FREE online newsletter, visit www.sunriseseniorliving.com

Village Council Corner

Shuttle bus stop reminder

The designated stops for our shuttle bus are conveniently located near every residential building, the Village Center, two grocery stores and other neighborhood shops. For safety and scheduling considerations, the drivers are not permitted to let passengers on or off the bus between stops. Please don't ask them to do so!



New community amenities



Responding to requests from our Community Advisory Committee, we have installed a dog waste bag dispenser on the Friendship Boulevard sidewalk across the street from the Village Center. Dog walkers are reminded to please pick up after your dogs.

In addition, we have placed blue recycling bins in Humphrey and Willoughby Parks—for plastic, glass and cans only!



Council actions at the November 8 meeting:

- Discussed request from Moussa Moaadel to install an elevator on a portion of land dedicated to public use at 4601 Willard Ave.; referred issue to attorney.
- Approved tree removal request from 4600 North Park Avenue.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815

Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

December 2010 events calendar